Take a Walk

Or, for that matter, take a bike ride or a swim.

Exercise is important when you have coronary artery disease. You may already have an active lifestyle, but if you don’t, talk to your doctor about starting one. Your doctor can advise you as to the type and amount of exercise that is safe for you.

- Work with your doctor to find an exercise routine that works for you, whether it’s walking, swimming, jogging, bicycling, or whatever you like to do. Whatever form of exercise you do, it is best to work on aerobics, strength, and stretching.

- Even a little bit of exercise each day is better than none.

- Start slowly and work up to longer exercise periods. If you feel chest pain, like you’re going to faint, or have difficulty breathing while you’re exercising, stop immediately.

- Try to exercise for 30 minutes a day, if possible. Make it a habit for life!

Information on this site should not be used as a substitute for talking with your doctor. Always talk with your doctor about diagnosis and treatment information.